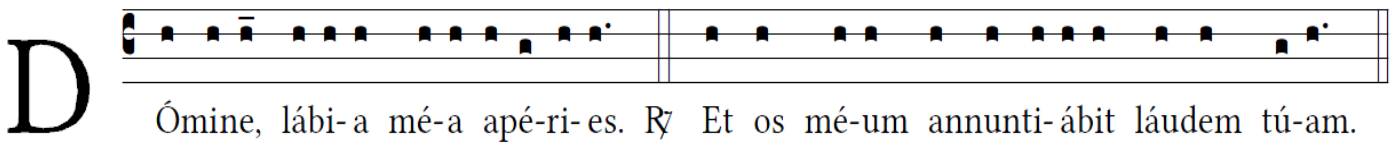
Solemn Lauds

Feast of the Visitation of the Blessed Virgin Mary

Opening Prayer

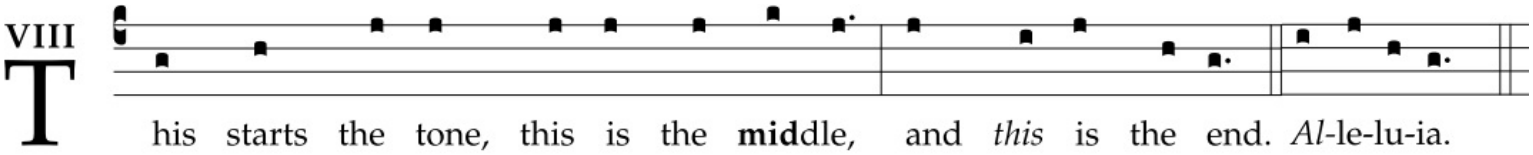
make the Sign of the Cross on your lips



Lord, + open my lips. *And my mouth shall proclaim your praise.*

Invitatory Psalm

Mode



Psalm 95
A call to praise God
Encourage each other daily while it is still today (Hebrews 3:13)

Cantor — Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin **Mary**, * Alleluia.

East Choir — Come, let us ring out our joy to **the** LORD; *
hail the *rock* who saves us.
Let us come into his presence, gi**ving** thanks; *
let us hail him with *a* song of praise.
Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin **Mary**, * Alleluia.

West Choir — A mighty God is **the** LORD, *
a great king *a*bove all gods.
In his hands are the depths of **the** earth; *
the heights of the *moun*tains are his.
To him belongs the sea, for he **made** it, *
and the dry land that he *shaped* by his hands.
Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin **Mary**, * Alleluia.

East Choir — O come; let us bow and **bend** low. *
Let us kneel before the *God* who made us,
for he is our God **and** we *
the people who belong to his pasture,
the flock that is *led* by his hand.
Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin **Mary**, * Alleluia.

West Choir — O that today you would listen to **his** voice! *
"Harden not your hearts as *at* Meribah,

as on that day at Massah in the **de**sert *
when your forebears put me to the test;
when they tried me, though *they* saw my work.
Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin **Ma**ry, * *Al*leluia.

East Choir — For forty years I wearied of that gener**a**tion, *
and I said, 'Their *hearts* are astray;
this people does not know **my** ways.' *
Then I took an oath in my anger,
'Never shall they *en*ter my rest.'"

Full Choir — Glory be to the Father and to the Holy **Spi**rit. *
profound bow — As it was in the beginning is now,
and ever shall be world with*out* end. Amen. *Al*leluia.

Full Choir — Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin **Ma**ry, * *Al*leluia.

Hymn

Ave Maria

1.
A -ve Ma-rí- a, * grá-ti- a pléna, Dóminus técum,
benedícta tu in mu-li- é-ribus, et benedíctus frúctus vén-
tris tú- i, Jésus. Sáncta Ma-rí- a, Máter Dé- i, óra pro
nó-bis pecca-tóribus, nunc et in hó-ra mórtis nóstrae. Amen.

Hail Mary, full of grace,
the Lord is with thee:

Blessed art thou among women
and blessed is the fruit

of thy womb, Jesus. Holy Mary,
Mother of God, pray for

us sinners, now and at the hour
of our death. Amen.

Psalmody

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin, yearns for God.

Cantor — Mary arose and went with haste into the hill **count**ry, * to a town of Judah, *al*leluia.

East Choir — O God, you are my God; at dawn I **seek** you; *
for you my *soul* is thirsting.
For you my flesh is **pin**ing, *

like a dry, weary land *with*out water.
I have come before you in the sanctu**a**ry, *
to behold your strength *and* your glory.

West Choir Your loving mercy is better **than** life; *
my lips *will* speak your praise.
I will bless you all **my** life; *
in your name I will *lift* up my hands.
My soul shall be filled as with a **ban**quet; *
with joyful lips, my *mouth* shall praise you.
Mary arose and went with haste into the hill **count**ry, * to a town of Judah, *all*eluia.

East Choir When I remember you upon **my** bed, *
I muse on you through the wat*ches* of the night.
For you have been **my** strength; *
in the shadow of your *wings* I rejoice.
My soul clings fast **to** you; *
your right *hand* upholds me.

Full Choir Glory be to the Father and to the Son and to the Holy **Spi**rit. *
profound bow As it was in the beginning is now,
and ever shall be world with*out* end. Amen. *All*eluia.

Cantor Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honor, and our voices celebrate you for ever.

Full Choir Mary arose and went with haste into the hill **count**ry, * to a town of Judah, *all*eluia.

Daniel 3:57-88,56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5)

Cantor When Elizabeth heard Mary's greeting, the infant in her womb leaped **for** joy, *
and she was filled with the Holy Spirit, *all*eluia.

Full Choir Bless the Lord, all you works of **the** Lord. *
Praise and exalt him above *all* forever.

East Choir Angels of the Lord, bless **the** Lord. *
West Choir You hea*vens*, bless the Lord.
East Choir All you waters above the heavens, bless **the** Lord. *
West Choir All you hosts of the *Lord*, bless the Lord.
&c. Sun and moon, bless **the** Lord. *
Stars of hea*ven*, bless the Lord.
Every shower and dew, bless **the** Lord. *
All of you *winds*, bless the Lord.
Fire and heat, bless **the** Lord. *
Cold and *chill,* bless the Lord.
Dew and rain, bless **the** Lord. *
Frost and *chill*, bless **the** Lord.
Ice and snow, bless **the** Lord. *
Nights and *days*, bless the Lord.
Lights and darkness, bless **the** Lord. *
Lightnings and *clouds*, bless the Lord.

Full Choir Let the earth bless **the** Lord. *
Praise and exalt him above *all* forever.

East Choir Mountains and hills, bless **the** Lord. *
West Choir Everything growing from the *earth*, bless the Lord.
East Choir You springs, bless **the** Lord. *
West Choir Seas and ri*vers*, bless the Lord.
&c. You dolphins and all water creatures, bless **the** Lord. *
All you birds of the *air*, bless the Lord.
All you beasts, wild and tame, bless **the** Lord. *
You sons of *men*, bless the Lord.

Full Choir O Israel, bless **the** Lord. *
Praise and exalt him above *all* forever.

East Choir Priests of the Lord, bless **the** Lord. *
West Choir Servants of the *Lord*, bless the Lord.
&c. Spirits and souls of the just, bless **the** Lord. *
Holy men of humble *heart*, bless the Lord.

Full Choir Hananiah, Azariah, Mishael, bless **the** Lord.
Praise and exalt him above *all* forever.
profound bow Let us bless the Father, and the Son, and the Holy **Spi**rit. *
Let us praise and exalt him above *all* forever.
Blessed are you, Lord, in the firmament of **hea**ven. *
Praiseworthy and glorious and exalted above *all* forever.

Full Choir When Elizabeth heard Mary's greeting, the infant in her womb leaped **for** joy, *
and she was filled with the Holy Spirit, *al*leluia.

Psalm 149

The joy of God's holy people

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Cantor Blessed are you, Mary, because you believed that the Lord's words to you would be **ful**filled, *
*al*leluia.

East Choir Sing a new song to **the** LORD, *
his praise in the assembly *of* the faithful.
Let Israel rejoice in its **Ma**ker; *
let Sion's children ex*ult* in their king.
Let them praise his name with **dan**cing, *
and make music with *tim*brel and harp.
Blessed are you, Mary, because you believed that the Lord's words to you would be **ful**filled, *
*al*leluia.

West Choir For the LORD takes delight in his **peo**ple; *
he crowns the poor *with* salvation.
Let the faithful exult in **glo**ry, *
and rejoice as *they* take their rest.
Let the praise of God be in **their** mouths *
and a two-edged *sword* in their hand,

East Choir To deal out vengeance to the **na**tions *
and punishment u*pon* the peoples;
to bind their kings **in** chains *
and their nobles in fet*ters* of iron;
to carry out the judgment **de**creed. *
This is an honor for *all* his faithful.

Full Choir Glory be to the Father and to the Son and to the Holy **Spi**rit. *
profound bow As it was in the beginning is now,
and ever shall be world with*out* end. Amen. *Al*leluia.

Cantor Let Israel rejoice in you, Lord, and acknowledge you as creator and redeemer. We put our trust in your faithfulness and proclaim the wonderful truths of salvation. May your loving kindness embrace us now and for ever.

Full Choir Blessed are you, Mary, because you believed that the Lord's words to you would be **ful**filled, *
*al*leluia.

Reading

Joel 2:27-3:1a

You shall know that I am in the midst of Israel; I am the Lord, your God, and there is no other; my people shall nevermore be put to shame. Then afterward I will pour out my spirit upon all mankind.
Your sons and daughters shall prophesy.

(silent reflection)

Responsory

Cantor The Lord has chosen her, his loved one from the be**gin**ning, * alleluia, *al*leluia.
Full Choir The Lord has chosen her, his loved one from the be**gin**ning, * alleluia, *al*leluia.
Cantor He has taken her to live **with** him, *
Full Choir -alleluia, *al*leluia.
Cantor Glory be to the Father and to **the** Son * and to the *Ho*ly Spirit.
Full Choir The Lord has chosen her, his loved one from the be**gin**ning, * alleluia, *al*leluia.

Benedictus

Luke 1:68-79

Cantor When Elizabeth heard Mary's greeting, she cried out **and** said: *
Who am I that the mother of my Lord *should* come to me? *Al*leluia.

make the Sign of the Cross

East Choir Blessed be the Lord, the God of Is**ra**el; *
he has come to his people *and* set them free.

West Choir He has raised up for us a mighty **sa**vior, *
born of the house of his *ser*vant David.

East Choir Through his holy prophets he promised **of** old *
that he would save us from our enemies,
from the hands of *all* who hate us.

West Choir He promised to show mercy to our **fa**thers, *
and to remember his ho*ly* covenant.

East Choir — This was the oath he swore to our father Ab**ra**ham: *
to set us free from the hands of *our* enemies,
free to worship him with**out** fear, *
holy and righteous in his sight all the *days* of our life.

West Choir — You, my child, shall be called the prophet of the **Most** High; *
for you will go before the Lord to *pre*pare his way,
to give his people knowledge of sal**va**tion *
by the forgive*ness* of their sins.

East Choir — In the tender compassion of **our** God *
the dawn from on high shall *break* upon us,
to shine on those who dwell in darkness and the shadow **of** death, *
and to guide our feet into *the* way of peace.

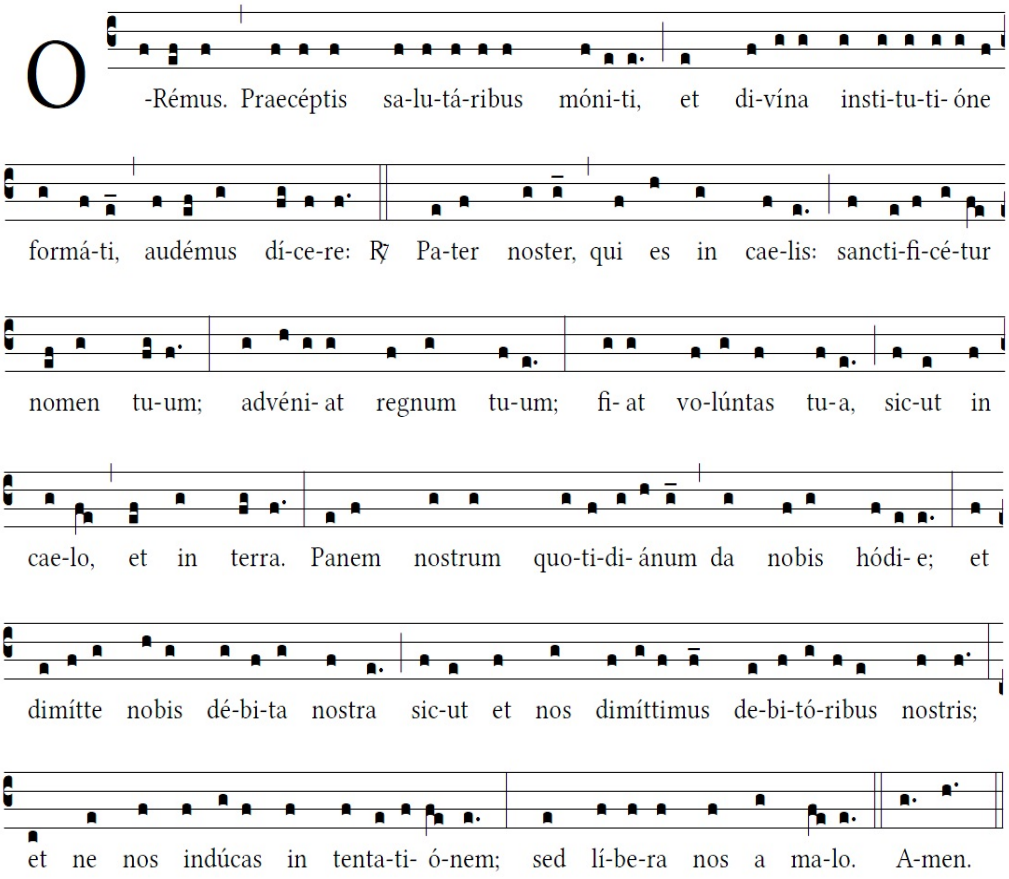
Full Choir — Glory be to the Father and to the Son and to the Holy **Spi**rit. *
profound bow — As it was in the beginning is now,
and ever shall be world with*out* end. Amen. *Al*leluia.

Full Choir — When Elizabeth heard Mary's greeting, she cried out **and** said: *
Who am I that the mother of my Lord *should* come to me? *Al*leluia.

Intercessions

Lector — Let us glorify our Savior, who chose the Virgin Mary for his **moth**er. *Let* us ask him:
Full Choir — May your mother inter*cede* for us, Lord.
Lector — Sun of Justice, the immaculate Virgin was the white dawn announcing your **ri**sing. Grant that we may always live in the light *of* your coming.
Full Choir — May your mother inter*cede* for us, Lord.
Lector — Lord, help us imitate Mary, your mother, who chose the **best** part. May we seek the food that will sustain *us* for ever.
Full Choir — May your mother inter*cede* for us, Lord.
Lector — Savior of the world, by your redeeming might you preserved your mother beforehand from all stain **of** sin. Keep watch over *us*, lest we sin.
Full Choir — May your mother inter*cede* for us, Lord.
Lector — You are our redeemer, who made the immaculate Virgin Mary your purest home and the sanctuary of the Holy **Spi**rit. Make us temples of your Spi*rit* for ever.
Full Choir — May your mother inter*cede* for us, Lord.

Lord's Prayer


O -Rémus. Praecéptis sa-lu-tá-ribus móni-ti, et di-vína insti-tu-ti- óne
formá-ti, audémus dí-ce-re: ℣ Pa-ter noster, qui es in cae-lis: sancti-fi-cé-tur
nomen tu-um; advéni- at regnum tu-um; fi- at vo-lúntas tu-a, sic-ut in
cae-lo, et in terra. Panem nostrum quo-ti-di- ánum da nobis hódi- e; et
dimítte nobis dé-bi-ta nostra sic-ut et nos dimíttimus de-bi-tó-ribus nostris;
et ne nos indúcas in tenta-ti- ó-nem; sed lí-be-ra nos a ma-lo. A-men.

Let us pray. At the savior's command, and formed by divine teaching, we dare to say: Our Father...

Prayer

Eternal Father, you inspired the Virgin Mary, mother of your Son, to visit Elizabeth and assist her in her need. Keep us open to the working of your Spirit, and with Mary may we praise you for ever. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. R. Amen.

Blessing

Dóminus + nos benedicat, et ab omni malo deféndat, et ad vitam perdúcat aetérnam. R. Amen.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Marian Antiphon

6.
R Egína caéli * laetáre, alle-lú-ia : Qui- a quem me-
ru- ísti portáre, alle-lú-ia : Resurréxit, sic-ut dixit, alle-
lú-ia : Ora pro nó-bis Dé-um, alle-lú- ia.

Queen of Heaven, rejoice, alleluia. For He whom

you did merit to bear, alleluia. Has risen, as He said, alleluia.

Pray for us to God, alleluia.

Cantor: Gaude et laetare, Virgo Maria, allelu*ia.* *(Rejoice and be glad, O Virgin Mary, alleluia.)*
Full Choir: Quia surrexit Dominus vere, allelu*ia.* *(For the Lord has truly risen, alleluia.)*

Orémus. Deus, qui per resurrectiónem Fílii tui Dómini nostri Jesu Christi mundum laetificáre dignátus es,
Let us pray. O God, who didst vouchsafe to give joy to the world through the Resurrection of Thy Son our Lord Jesus Christ:
praesta, quaesumus, ut per ejus Genitrícem Vírginem Maríam perpétuae capiámus gáudia vitae.
grant, we beseech Thee, that, through His Mother, the Virgin Mary, we may obtain the joys of everlasting life.
Per eumdem Christum Dóminum nostrum. R. Amen
Through the same Christ our Lord. R. Amen.